

# Your Medical Home



Lyster Army  
Health Clinic



Lyster Army Health Clinic

twitter



## Newsletter Clinic Updates

### NEW TRICARE Nurse Advice Line

Speak with a nurse 24/7 by calling 1-800-874-2273

### Cooking Class

We're cooking up some great recipes in our kitchen!  
Join us for our monthly cooking class Sept. 26 at  
noon. Sign up by calling 334-255-7986

### FREE Yoga Classes

Join us every Monday & Thursday from  
1145-1245 in the Lyster Activity Center.

### FREE ZUMBA Classes

Join us every Monday & Wednesday  
at 4:30 p.m. in the Lyster Activity Center.

## Secure Messaging

- E-mail your doctor
- Request Appointment
- Request medication renewals from your provider
- Get Lab Results

Just give your e-mail address to our staff, call 334-255-7587, register at <https://app.relayhealth.com/> or scan.



### Change to monthly training closure

Lyster will close Friday, Sept. 19 at noon  
for its Organization Day. We will reopen at  
0730 Monday, Sept. 22.

*This closure is in place of our third  
Wednesday training closure.*

## Did you know?

- If you have written prescriptions to drop off but don't need them right away, please use the Refill Windows to drop off your prescriptions. Your prescription will be ready 72 hours later.
- Sick call for Soldiers is from 0600-0630 Mon - Fri.
- Team Respect is now making same day appointments. Call 255-7000 to book an appointment today.
- A list of After Hours Urgent Care Clinics is located on the Lyster webpage.  
Visit [www.rucker.amedd.army.mil/](http://www.rucker.amedd.army.mil/)

To schedule an appointment, call 334-255-7000  
or book online at [www.tricareonline.com](http://www.tricareonline.com)

## September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed	2	3	4	5	6
			●	●		
			●	●		
7	8	9	10	11	12	13
	●		●	●	●	
	●					
14	15	16	17	18	19	20
	●		●	●	Closed at noon	
	●					
21	22	23	24	25	26	27
	●		●	●	●	
	●					
28	29	30				
	●					
	●					

- Yoga 11:45 a.m.-12:45 p.m.
- Sleep Hygiene 9-11 a.m.
- Cooking Class 12-2 p.m.
- Diabetes Prevention 9 a.m.— noon
- Healthy Heart Management 9-11 a.m.
- ZUMBA at 4:30 p.m.

**Nutrition Care Clinic**  
**334-255-7986**

**Yoga**  
**334-255-9908**

Sign up for TRICARE Online today:



- Make an appointment 24/7
- View medical records
- Refill prescriptions



After your appointment you may receive an Army Provider Level Satisfaction Survey (APLSS) in the mail. Please do not throw it away. Please fill out the survey on the paper provided (prepaid return envelope included), online at the link provided, or call the number listed to complete the short telephone survey.

Surveys returned with satisfactory marks can earn Lyster extra dollars, which help keep our clinic up to date with the latest equipment and services available for you.

Thank you,  
Lyster Army Health Clinic Staff